

Yoga For The Office

Exercises and Poses

Morning Moves

1. Power-On Meditation
2. Upward Spiral
3. Attitude Elevator
4. Keyboard Warm-ups

Midday Maintenance

5. Political Toe Pointing
6. Spreadsheet Hip Opener
7. Wrist Upgrade
8. Banker's Pose
9. Victory Side Stretch

Take A Break Moments

10. Climbing the Career Ladder
11. Briefcase Bend
12. Downward Desk
13. Seat of Global Exchange
14. Rat Race Release
15. Quad Quota

Presentation Pranayama

16. Brain Buffer
17. Breath of Fire
18. Balance Sheet Breath
19. Digital Dancing

Winning Wind-Downs

20. The Eyes Have It
21. Mental Maneuvers
22. Big Picture Vision
23. Brainstorm Booster
24. Thought Massage
25. Necktie Rubdown
26. Closing Up Shop Twist
27. Clear Your Desk Meditation